



The Best Way



66 6 5

Chapter 1 by Jayde Avalon

I was once a cutter.

I only just stopped a couple weeks ago. Since then, whenever I feel the urge to cut, I try one of many other methods. Often times, I will lie in my bed, a stick of incense burning, filling my nose with its sweet, intoxicating smoke, while my music plays in the background. Usually I choose /1 Hour of Nature Music/ by David Arkenstone, but at other times I listen to a mix of Ludovico Einaudi, including his /Divenire/, /Primavera/, /Experience/, /Fly/, /Monday, I Giorni, Giorni Dispari, Una Mattina/, and /Andare/; my Nightcrossings Pandora station, including Secret Garden, William Ackerman, Yanni, Enya, R. Carlos Nakai, Peter Kater, Kitaro, Shadowfax, Mannheim Steamroller, and Nightnoise, among others; or one of my many CDs by Enya. I find these to be the most relaxing choices when I am stressed or depressed.

I have also found that lying down with a hot, wet washcloth on your face is surprisingly soothing. Drawing on yourself with Sharpies or other markers definitely helps satiate the cutting urge, as it makes semi-permanent marks on your skin, but it is far better because eventually it washes off, and until then you have gorgeous designs that reflect the inner you.

Enough about me. I hear there are many many other ways you all deal with stress without hurting or harming yourself or others. How do you relax and calm down - how do you make yourself feel at ease? Do you have any other ways to deal with stress? Do you ever stop a harmful addiction, who knows?

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What is the best way to make the pain go away?

Chapter 2 by Phantim



I always like to make myself a nice little salad (avocados are nice too since they fight depression, but not my usual choice) then I hop on the computer and watch a good TV show or Anime. It helps get your mind off things for a while, and most good shows show people struggling and dealing with problems themselves. Even though it is just a hollywood production it can help you feel not so alone. How big of a deal is your boyfriend leaving you, when you just saw someone lose their whole family in a terrible accident? The same goes for playing a good video game, it can either serve as temporary distraction, or if you really enjoy it and get into it, in a small way it gives you something to live for, shows you that life can be fun.

Remember suicide doesn't make anything better, it only makes sure that nothing ever gets better. There is a lot to live for in the world, never give up until you tried all your options. You wanna die where you are at? Move, run away, listen to music, watch an anime, play a game, do some drugs even! There are so many things you can do that are better than putting a gun in your mouth or a noose around your neck. Heck, maybe even go to church. You never know where you are going to find the spark you need to ignite your passion for life.

Chapter 3 by lightningstrikesannah (I'm back!)



You may think that leaving this world will be fine, and no one will miss you, but that is wrong. I care about you. Your family, your friends, your other members on story wars. I know I would miss LethalPianist, tim, joakim, and even intellikat if they left.

Chapter 4 by Ryan DeAngelis



This is something that I've done that gave me so much help. Many times, the only thing that's kept me from death has been thinking about the people in my life I would be affecting and hurting through my actions. But sometimes my invisible black cloud stops me from seeing those people, lying beyond the darkness. So, one day, I decided to make a list. Not a list of my closest

friends, not a list of family members, just a list of anyone who if I were to pass, would likely attend a funeral for me. I first started with my family, as they would definitely be there. Then I went to the friends I thought we had interacted enough that they would be there. The list grew and grew. When I stopped listing names, I was surprised to see that it had taken up over half the

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page. If you're struggling with depression, suicide, et cetera, I highly encourage that you do this. I promise it will help, especially if you're in school and forced to interact with others, as they provide names to put on your list. It's a lot harder to think that no one would care if you died when you have a bunch of names staring you in the face that contradict that.

Chapter 5 by Isaiah Ellis



Suicide is a horrible thing, and I should know. My school, in the last two years there have been two suicides. And honestly, I can see why. There are so many jerks and strait out horrible people, it is easy to get depressed. I'm thought to live in the goodie-goodie state. But I can give so much evidence that we might even need help ridding of all of our bullies, that even just helping even a little would have stopped the three people I know end their lives.

I can usually cope with the horrible stuff by thinking of the person I want to have a future with most. How would they be affected if I were to leave them? Would they blame themselves, and go into a horrible state of guilt, or would they blame others, and become aggressive? And if you think that they will not care, don't you even consider that. You are wrong, and you know you are wrong.

What about other loved ones, like friends and family? What would they do if you left? They love you, and would never do anything to try and kill you or hurt you intentionally (unless they're a serial killer. Then they might. ;)).

Chapter 6 by Ryan DeAngelis



Something that I've found that I enjoy a lot is helping people that I've met on here or chat. So, if you're going through anything, I would encourage you to message me somehow (most likely on Story Wars). I'll do my best to help you in any way I can.

Write a draft for chapter 7 of 8

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